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Question Paper Version : A

**First/Second Semester B.E./B.Tech. Degree Examination, Nov./Dec. 2023**  
**Scientific Foundations of Health**

Time: 1 hr.]

[Max. Marks: 50

### INSTRUCTIONS TO THE CANDIDATES

1. Answer all the **fifty** questions, each question carries one mark.
2. Use only **Black ball point pen** for writing / darkening the circles.
3. **For each question, after selecting your answer, darken the appropriate circle corresponding to the same question number on the OMR sheet.**
4. Darkening two circles for the same question makes the answer invalid.
5. **Damaging/overwriting, using whiteners** on the **OMR** sheets are strictly prohibited.

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1. Behavior modification is a type of :  
a) Behaviour therapy  
b) Cognitive behavioural therapy  
c) Humanistic therapy  
d) Client centred therapy
  2. Which one is not involved in mental illness  
a) Hereditary factors  
b) Childhood experiences  
c) Changes in brain  
d) Rheumatic fever
  3. The psychological goal of most information based interventions designed to reduce the stress associated with operations is :  
a) to minimize physiological arousal  
b) to increase perceptions of control  
c) to allow people to forget about things they cannot control  
d) to help people distract from worrying thoughts.
  4. Which of these things is health psychology concerned with?  
a) What causes illness?  
b) Who is responsible for illness?  
c) How should illness be treated?  
d) All of the these
  5. An example of behavioural signs of stress.  
a) Frequent mood swings  
b) Compulsive eating  
c) Crying  
d) Nervousness and sadness
  6. Benefit of social network support  
a) Sense of belonging  
b) Increased sense of worth  
c) Feeling of security  
d) All of these
  7. Health comprising behaviours are commonly seen in people from  
a) High class  
b) Middle class  
c) Low class  
d) None of these

8. A thrust area in community health is  
 a) Prevention and control of communicable diseases  
 b) Prevention of blindness  
 c) Maternal and child health  
 d) School health services
9. Types of addictive behaviour  
 a) Alcoholism  
 b) Drugs - opium  
 c) Video gaming  
 d) All of the above
10. Signs of mental illness are  
 a) Abnormal changes in thinking, perception and judgement.  
 b) Abnormal changes in feeling and memory.  
 c) Both a and b  
 d) Abnormal changes in behavior towards others.
11. What is the definition of overweight?  
 a)  $BMI > 25 \text{ kg/m}^2$   
 b)  $BMI = 25 \text{ kg/m}^2$   
 c)  $BMI 25 - 29.9 \text{ kg/m}^2$   
 d)  $BMI 25 - 30 \text{ kg/m}^2$ .
12. A substance needed by the body for growth, energy, repair and maintenance  
 a) Nutrient  
 b) Carbohydrate  
 c) Caloric  
 d) Fatty acid
13. Which of these is NOT considered as a nutrient?  
 a) Fats  
 b) Vitamins  
 c) Minerals  
 d) Fiber
14. Which of the following disease does obesity increase the risk of developing?  
 a) Type 2 diabetes  
 b) Cancer  
 c) Cardiovascular disease  
 d) None of the above
15. Which of the nutrient is needed for a healthy immune system and strong connective tissue?  
 a) Vitamin K  
 b) Vitamin C  
 c) Fiber  
 d) Fluoride
16. A diet containing right amount of energy, carbohydrates, proteins, fiber, vitamins, minerals and water to fulfill requirement of body is called.  
 a) Nutrition  
 b) Balanced diet  
 c) Perfect diet  
 d) Food pyramid
17. Obesity is caused by an increase in \_\_\_\_\_  
 a) adiposity  
 b) epidosity  
 c) ediposity  
 d) apidosity
18. Eating disorder causes  
 a) Psychological causes  
 b) Physical disorder  
 c) Mental stress  
 d) Anxiety
19. One of the most common treatments for eating disorder is  
 a) Electro - Convulsive therapy  
 b) Medication  
 c) Family therapy  
 d) Aversion therapy
20. Feeling tiredness, weight loss excessive thirst are symptoms of  
 a) Diabetes  
 b) Obesity  
 c) Marasmus  
 d) None of these
21. Goals of communication are  
 a) To inform, to persuade  
 b) To inform, fear of offending  
 c) To persuade, fear of offending  
 d) None of the these
22. What is the goal of social engineering?  
 a) Sabotage a person's social media  
 b) To gain vital personal information  
 c) To catfish someone  
 d) To build trust



23. Which of these is how to avoid becoming a victim of social gathering?  
 a) Research the facts  
 b) Delete any requests for financial information or passwords  
 c) Reject requests for help  
 d) All of the these
24. Ways to improve the communication skills are  
 a) Active listening skills  
 b) Passive listening skills  
 c) Both a and b  
 d) None of the these
25. Body language plays an important role in  
 a) Communication  
 b) Judgement  
 c) Both a and b  
 d) None of these
26. The effectiveness of communication is evaluated by \_\_\_\_\_  
 a) Team work  
 b) Feed back  
 c) IPC skills  
 d) Questionnaire
27. Health education help in desirable change in \_\_\_\_\_  
 a) Knowledge  
 b) Attitude  
 c) Practice change  
 d) All the three levels
28. Audience remain as passive listeners in which of the method?  
 a) Group discussion  
 b) Role Play  
 c) Panel discussion  
 d) Lecture
29. Communication barriers involves  
 a) Jumping into the conclusion  
 b) Arguing and debating  
 c) Fear of offending  
 d) All of the these
30. Which of these factors is not required for communication growth?  
 a) Growth in size of organisations  
 b) Negative Atmosphere  
 c) Globalisation  
 d) Public relations
31. Which of the following is an important factor in substance abuse?  
 a) Whether the substances are regularly used by other family members  
 b) Whether the family environment is rural or urban  
 c) Whether you are twin  
 d) Whether you are born in the winter
32. Drug – prevention schemes targeting young people and their parents who may be specifically at risk provide :  
 a) 24 – hour telephone helplines  
 b) Internet websites  
 c) Treatment and availability  
 d) All of the these
33. After drinking alcohol, consumption of this leads to death.  
 a) Morphine  
 b) Opium  
 c) Barbiturate  
 d) All of these
34. What is defined to be a regular and excessive use of a substance inspite of dangers?  
 a) Use  
 b) Abuse  
 c) Substance  
 d) Dependence
35. Is addiction a  
 a) Mental disorder  
 b) Physical disorder  
 c) Both a and b  
 d) None of the these
36. Which of the following is the most well – known of the personality disorders?  
 a) Borderline Personality disorder  
 b) Melancholic Personality disorder  
 c) Associative Personality disorder  
 d) Dissociative Personality disorder

37. An individual with dependent Personality disorder will exhibit which of the following?  
 a) Submissive and clinging behavior  
 b) Have great difficulty in making every day decisions.  
 c) Passive behaviours  
 d) All of the these
38. What disease arises due to the effects of chronic alcohol abuse and the damage that this causes to neurons?  
 a) Korsakoff's syndrome  
 b) Cirrhosis of the lever  
 c) Parkinson's disease  
 d) Multiple sclerosis
39. A common side effect of self-blame is /  
 a) Happiness and relief  
 b) Depression and guilt  
 c) Depression and relief  
 d) Anger and depression
40. What is the 'dual pathway model' of health behavior?  
 a) Healthy behavior and healthy psychological processes contribute to well being  
 b) Healthy psychological processes influence physical health directly and via behavior  
 c) Good physical health and good mental health determine your health behaviours  
 d) None of the above
41. Which of the following is NOT a public health measure?  
 a) Improving water supplies  
 b) Monitoring food processing  
 c) Taking exercise  
 d) Regulating burial
42. The challenges faced and the long term advantages of change, influence which part of Health Belief Model?  
 a) Perceived Benefits  
 b) Perceived threats  
 c) Perceived efficacy  
 d) Perceived opportunity
43. Which of the following is a disease caused by virus?  
 a) Cholera  
 b) Tuberculosis  
 c) Leprosy  
 d) Chickenpox
44. Which of the following is a contagious disease?  
 a) Diabetes  
 b) Heart attack  
 c) Hypertension  
 d) Diphtheria
45. The World Health Day is celebrated on  
 a) 1<sup>st</sup> March  
 b) 7<sup>th</sup> April  
 c) 6<sup>th</sup> October  
 d) 10<sup>th</sup> December
46. Which of the following factors is necessary for a healthy person?  
 a) Vaccination  
 b) Balanced Diet  
 c) Personal hygiene  
 d) All of the these
47. The probability of a person's having the disease when the test is positive  
 a) Sensitivity  
 b) Specificity  
 c) Positive Predictive value  
 d) Negative Predictive value
48. Financial health refers to  
 a) Physical activity  
 b) Mental illness  
 c) Good income  
 d) None of the these
49. Spiritual health refers  
 a) Meditation  
 b) Exercising  
 c) Body composition  
 d) All of the these
50. Planning refers to  
 a) Communities in which they live in  
 b) Health services  
 c) Financial stability  
 d) None of the these

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